

Profile

VERT FITNESS

WORKING OUT

The Premier Guide for Fitness & Healthy Living on the Westside



"Vert Private Training Center...is on the cutting edge of fitness technology" L.A. Times

"I have never found a system that gives results like I have seen at Vert" John Perry M.D. a founder of the American College of Sports Medicine -Former team physician for the Rams & Redskins

"I use Vert to improve my jump & quickness. It's perfect for what I do." Holly McPeak, Olympic Medalist, AVP's all-time winningest women's volley ball player
 "There is no comparison I have worked out on and off for 15 years and by far there is nothing that compares to the Vert workout" Peter A Longi-Regional manager for Citi-Group
SEEING IS BELEIVING.... We invite you to come and visit the Vert Fitness Center. Call today to schedule your FREE personal trial session. Come and see this amazing new way for you to Look Great in "08"

VERT is an amazing new way to lose weight and get in shape!

Vert Fitness ...The integration of Personalized Training with Vert's computerized "Isokinetic" exercise equipment. Until now, Private Training has been the most effective way to get fit. You simply couldn't beat working out under the supervision and motivation of a professional private trainer who knows how to work you out properly. But even the best trainers are ultimately only as good as their exercise equipment.

So we went to biomechanical engineers, computer scientists and exercise physiologist and developed a whole new line of fitness machines called VERT (An acronym for Velocity Enhanced Resistance Training).

The Vert machines are based on Isokinetics and are computer driven "Intelligent" exercise machines that control the speed and movement of the workout, record and analyze the results and keep track of your improvements -Vert has created a revolutionary new kind of workout that is more efficient and safer than any other type of traditional forms of exercise.

Vert machines originally designed for and used by world class athletes is now available to you.

"The Vert system is absolutely unique in its ability to build fast-twitch muscle strength" Harvard School of Medicine-Professor Dr. Clifford Tabin



VERT Center of Santa Monica
 3011 Wilshire Blvd.
 Phone: 310-264-8385
 VERTfitness.com

TRAIN SMARTER

Serious Training for People Serious About Fitness

"VERT private training center... is on the cutting edge of fitness technology." - L.A. Times



Studies show that our revolutionary VERT® fitness system requires less time and provides better results as compared to hours of traditional cardio or strength training. VERT® presents a NEW way to workout and is perfect for any age or fitness level. Dynamic personalized training combined with unique computerized fitness equipment gives you a quick, complete fitness program specific to your physical needs and personal goals.

- Discovered by athletes, designed for you
- Twice the workout in half the time
- Total body cardio & strength at the same time
- Computerized fitness technology
- Safe, high intensity/low Impact
- PERSONAL TRAINING INCLUDED
- Measurable results guaranteed



VERT® Redefines Physical Therapy.

By combining traditional Physical Therapy methods and modalities with VERT's® proprietary computerized machines we guarantee to provide the fastest, safest and most effective means of recovery available today.

For the first time this level of professional athlete care is available to you. You don't have to play like a Pro to be treated like one.

VERT® is an acronym for "Velocity Enhanced Resistance Training" and this revolutionary neuromuscular training technology is only available at VERT®. If you hurt... come to VERT®!

"We treat and train world class athletes... just think what we can do for you!" - Walter K. Theis, M.D. Medical Director, VERT® Sports Therapy

Dr. Theis has practiced emergency medicine for over 20 years and is former Director of Emergency Medicine at St. John's Hospital, Santa Monica.

- Injury evaluation
- Licensed Physical Therapists
- Med Flex spending accounts
- Reimbursements from most Insurance Co.
- The most advanced rehab equipment
- Fast, safe recovery



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